



# VIEWS from the Hill



Sheriff Frank G. Cousins, Jr.

Vol. 17, No. 17

The Official Newsletter of the Essex County Sheriff's Office

Fall - 2010

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## TIP A COP DAY



Assistant Superintendent Michael Frost, front row, left, Assistant Superintendent Moe Pratt, next to Assistant Superintendent Frost, and Chief of Staff Barbara Maher, second from right in the front row, participated in the Texas Roadhouse's "Tip A Cop" Day.

Assistant Superintendent Michael Frost, Assistant Superintendent Moe Pratt, and Chief of Staff Barbara Maher participated at the Texas Roadhouse's "Tip a Cop Day" earlier this fall.

Law enforcement personnel of all different stripes worked as servers at the Danvers eatery, and if you stopped in and ate there that day and left a special "tip," 100 percent of the proceeds went to the athletes involved in the Special Olympics program in Massachusetts.

The law enforcement personnel served the public from 4 to 9pm on Aug. 24.

Barbara Maher said she enjoyed participating in the charitable endeavor.

"It's such a worthwhile cause," she said afterward. "And all the people who work at the Texas Roadhouse did a great job organizing the event. And who can say no to helping the Special Olympics athletes? Those are truly some amazing people and amazing athletes."

Congratulations to all for a job well done!



## ATHLETES ALL

### ANNIVERSARIES - FALL 2010

#### TEN YEARS:

William Comeau  
Christine Fishkin  
Jonathan Hardy  
William Castro  
Heidi O'Brien-Mora

#### FIFTEEN YEARS:

Michael McCarthy  
Richard Stone  
Jamie Ireson

#### TWENTY YEARS:

Phil Reddy  
Richard Urbanowitz  
George Gikas

Several employees of the Essex County Sheriff's Department took the challenge and participated in the annual Physical Fitness Test earlier this fall. Participants were challenged to see how far they could stretch, how quickly they could run 1.5 miles, and how many pushups and sit-ups they could do in 60 seconds.

Here is a look at the top finishers in their respective age groups:

PUSH UPS			
NAME	AGE	STANDARD	SCORE
Ryan Broughey	20-29	27	69
Evan Sucharski	30-39	21	60
Junior Encarnacion	40-44	15	59
Steve Boucher	45+	14	103

SIT UPS			
NAME	AGE	STANDARD	SCORE
Ryan Broughey	20-29	36	61
Allen Huberdeau	20-29	36	61
Evan Sucharski	30-39	31	58
Jamie Forcino	40-44	26	42
Richard Desforge	45+	20	58

STRETCH			
NAME	AGE	STANDARD	SCORE
John Mahoney	20-29	16.5	25
Erich Nevins	30-39	15.3	22.5
Dave Fortune	40-44	14.5	23
Dave Meader	45+	14	22

1.5 MILE			
NAME	AGE	STANDARD	TIME
John Ridge	20-29	12:51	10:11
Mark Swiniarski	30-39	13:53	11:05
Eric Belleau	40-44	14:55	10:48
Moe Pratt	45+	15:08	9:13

WOMEN PUSH UPS			
NAME	AGE	STANDARD	SCORE
Morgan Marconi	20-29	21	27
Katherine Barnes	20-29	21	27
Christine Fishken	30-39	15	30
Eve Reardon	40-44	13	35
Barbara Maher	45+	12	25

SIT UPS			
NAME	AGE	STANDARD	SCORE
Kaitlin Noonan	20-29	27	40
Christine Fishken	30-39	22	30
Robin Bouchard	40-44	26	43
Audrey Brinson	45+	20	40

To Submit items to the newsletter,  
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## MORE ATHLETES...

NAME	AGE	FLEX STANDARD	SCORE
Laura Dow	20-29	19	22.5
Christine Fishken	30-39	18	24
Michelle Kravette	40-44	17.9	24
Barbara Maher	45+	17	20.5

NAME	AGE	1.5 MILE STANDARD	TIME
Amanda Colby	20-29	15:26	11:34
Christine Fishken	30-39	16:27	11:38
Janine Boulanger	40-44	17:24	12:55
Kathy Lawrence	45+	17:29	14:32

## HE'S BACK

After missing a significant amount of work to receive chemotherapy treatments for a rare form of cancer called Adenoid Cystic Carcinoma, Lieutenant Jamie Forcino is back at work at the Correctional Alternative Center in Lawrence.

On October 4, several employees of the Essex County Sheriff's Department participated in a golf tournament at the Georgetown Country Club with the proceeds going to help defray some of the medical costs Jamie and his family have endured in their cancer fight. The tournament raised \$9,000 for the Forcino Fund.

At the dinner following the tournament, Lieutenant Forcino thanked all who participated and helped organize the event.

Here at Views From The Hill, we just want to say welcome back, Lt. Forcino.



**Lieutenant Jamie Forcino**



## YANKEE HOMECOMING PARADE



Several employees and the Honor Guard marched in this year's Yankee Homecoming Parade in Newburyport. Sheriff Frank G. Cousins Jr. led the way down High Street.



## MORE YANKEE HOMECOMING...



**Essex County Sheriff Frank G. Cousins Jr. poses for a picture with Newburyport Police Marshal Thomas Howard, center, and Harrison Whitney, Director of Civil Process for the Essex County Sheriff's Department at the Yankee Homecoming Parade.**



## EMPOWERMENT 2010



**Maura Driscoll, daughter of Lt. Steve Driscoll, sang the National Anthem at this year's 2010 Empowerment Conference in Salem. Pictured also is Assistant Superintendent Kim Prentice.**



## CONGRATULATIONS, BUZZ!

Deacon Carroll “Buzz” Taylor of the Essex County Sheriff’s Department has been named the winner of the *Bishop Cheverus Medal* by the Archdiocese of Boston. He received the award during a Solemn Vespers Service of Evening Prayer at the Cathedral of the Holy Cross in Boston on November 28.

The *Bishop Cheverus Medal* is given by the Archdiocese to someone who has “given exemplary service” in the name of the Lord. The Archdiocese began awarding the medal in 2008 as it celebrated its bicentennial.

Bishop Cheverus served the residents of Boston 200 years ago by pledging “all his talents and abilities for the good of the Church and her people,” according to the Nov. 5 letter sent to Buzz and signed by Sean O’Malley, the Archbishop of Boston. “In consultation with the Auxiliary Bishops and with the Pastors throughout the Archdiocese, I have learned of your selfless dedication and commitment and your many contributions to advancing Christ’s mission. We are blessed by your service to the Archdiocese and are privileged to name you for this honor.”

Buzz came to the Essex County Sheriff’s Department several years ago and has been serving the spiritual needs of the inmates and some of the staff members, ever since. Prior to coming to work in Middleton, he worked for the Massachusetts Department of Correction.

He also helped men with addiction disorders at a home he ran with his beloved wife, Mary, in the Merrimack Valley.

Asked to comment on his receipt of the award, Buzz simply said, “I don’t do interviews.”

We here at *Views From The Hill* congratulate Buzz for his richly-deserved honor.

## **DOMESTIC VIOLENCE POLICY**

The Essex County Sheriff’s Department has zero tolerance for domestic violence occurring within or outside the workplace. It is the policy of this Department that employees work in an environment free from all forms of domestic violence. Domestic violence undermines the integrity of the workplace and the personnel safety of all employees. To ensure the effective implementation of this policy, the department has appointed Assistant Director of Training, Christine Fishken, to act as the “Domestic Violence Coordinator.” This action is taken in accordance with the Commonwealth of Massachusetts Executive Order 398 and M.G.L. Chap. 209A

The Domestic Violence Coordinator can be reached by contacting Human Resources at ext. 3351 or, when you are off duty, at 978-835-5706.



## Sheriff's Message

Greetings to one and all. Recently Chris Smith sent out an important email to everyone regarding the importance of safety when a cell is being searched.

The information came from a story written by Mike Plourde. I thought some elements should be shared here:



**Sheriff Frank G. Cousins, Jr.**

- "Everyone who works in corrections agrees that routine and thorough searches are the building blocks of top security. And even though methods may be as individual as the people conducting the searches, certain basics should be strictly followed. One of those is "Look before you touch."

- "One of the things that I stress to new correctional employees, both custody, and non-custody, is to build good habits. Do that by doing the job properly all the time, every day, in every way that makes sense, makes for good security. Success comes from solid practice and experience; your experience and that of others..."

- "Managers and supervisors, it is your job to ensure that your staff do the job properly every day. The wise supervisor accomplishes this by being the very best example, and by continuously talking to

## VIEWS FROM THE HILL

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All opinions expressed in this newsletter are those of the writers and are not intended to reflect policy or the opinions of management of this Department.

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It is this Department's policy to seek and employ the best qualified personnel in all of its facilities and to provide equal opportunity for the advancement of its employees, including promotional opportunities and training; and to administer these activities in a manner which does not discriminate against any person because of race, color, religion, age, national origin, disability, or veteran status.

officers sometimes right on the line. Persistent supervisors require that the staff perform searches properly all of the time!"

Please read the entire story in the email sent by Chris. It is well worth your time and attention.